



# Fat-Burning Machine: The 12-Week Diet

*Mike Berland, Gale Bernhardt*

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**Are you ready to change your body for life?** Do you want to step on a scale and feel happy? Do you want to look in the mirror and feel proud? Do you want looser-fitting clothes? Do you want more energy? Do you want to sleep solidly through the night?

**No games. No gimmicks. No shakes. No starvation. Just a straightforward and simple, doctor-approved approach to eating and exercise that throws out decades of bad science and will transform you from being a fat-storing person into a permanent FAT-BURNING MACHINE.**

**This is our promise: Follow this plan and you will experience dramatic, life-altering results.**

But if you still need further convincing, just ask yourself:

- Have you been gaining a pound or so a year, for the past few years?
- Do you crave sugar and snacks, and worry that you can't control your cravings?
- Do you feel that the more you exercise, the hungrier you are and the more you eat?
- Does exercise make you feel tired and weak?
- Are you working out more than ever and still gaining weight?

If you answered *yes* to any of these questions, then it's time to find out if the habits you've developed are causing your body to store fat or to burn it. So much of what you've been taught about fitness and weight loss is patently false—that you have to eliminate all fat from your diet or that you should load up on carbohydrates before a workout. These practices may actually be sabotaging your success. *Fat-Burning Machine* exposes the myths that have prevented you from achieving your weight and fitness goals, and will revolutionize the way you think about your body, your health, and your outlook on life.

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